

THE DISTRACTED DRIVER

A RISK ON THE ROAD

Driving while distracted is dangerous. It is a leading cause of motor vehicle crashes. Many things can distract drivers. For example, a driver is not paying full attention to driving if he or she is:



- Trying to perform other tasks, such as eating or reading a map
- Using a cellular phone or other electronic device
- Interacting with children or other passengers

Trying to perform tasks, like doing personal care activities, adjusting car stereos, making other adjustments, reading, smoking, looking for things, and eating or while driving is a common mistake. You can prevent these distractions by:

- Doing things before you drive. For example, choose a tape or CD, and prepare change for tolls.
- Ask for landmarks and other helpful details when taking directions. Review your route before you go.
- If you must do any task, pull over safely first.

Using a cellular phone while driving is risky. Drivers who use phones – even “hands-free” ones – are at increased risk of a crash. That’s because phone use can interfere with vehicle control, slow reaction times, and affect driver awareness. To reduce the risk of a car crash:

- Pull safely off the road to make calls
- Don’t answer – if you receive a call when driving

Driving with children can be distracting. They may fight with each other or demand the driver’s attention. To help keep the situation under control:

- Make sure children are properly restrained.
- Provide entertainment
- Stop the car when necessary

Keep your focus on the road - - and take pride in being a safe driver!